

Farmers' Market Stir-Fry



CHOICES
*Steps Toward
Health*

Serves 6

2 cups cooked brown rice
vegetable cooking spray
3 cloves garlic OR 1/2 teaspoon garlic powder
1 teaspoon fresh ginger OR 1/2 teaspoon
ground ginger
1 cup onion, diced
1 cup broccoli, cut into bite-size pieces
1 cup carrots, sliced
1 cup cabbage, chopped
1/4 cup water
1 cup green pepper, thinly sliced
2 stalks celery, sliced
1 can mushroom pieces
lemon juice, red wine vinegar, or low-
sodium soy sauce as desired.

1. Wash and prepare vegetables.
2. Prepare brown rice according to package instructions.
3. Spray a non-stick skillet with cooking spray. Stir in garlic, ginger, and onion. Add the broccoli, carrots, and cabbage. Stir over medium heat.
4. Add 1/4 cup water and cover pan for about 2 minutes. Make sure the vegetables keep their bright color and stay crisp. Remove cover and add remaining vegetables.
5. Serve over brown rice. Add lemon juice, red-wine vinegar, or low-sodium soy sauce as desired.

TIP:

- Cabbage is a good source of vitamin C.

Nutrition Facts: Serving size: 1 cup; Calories: 110; Fruits and Vegetables: 1 1/2; Fat: 1g; Fiber: 4g

Part of *Choices: Steps Toward Health* developed by UMass Extension Nutrition Education Program.